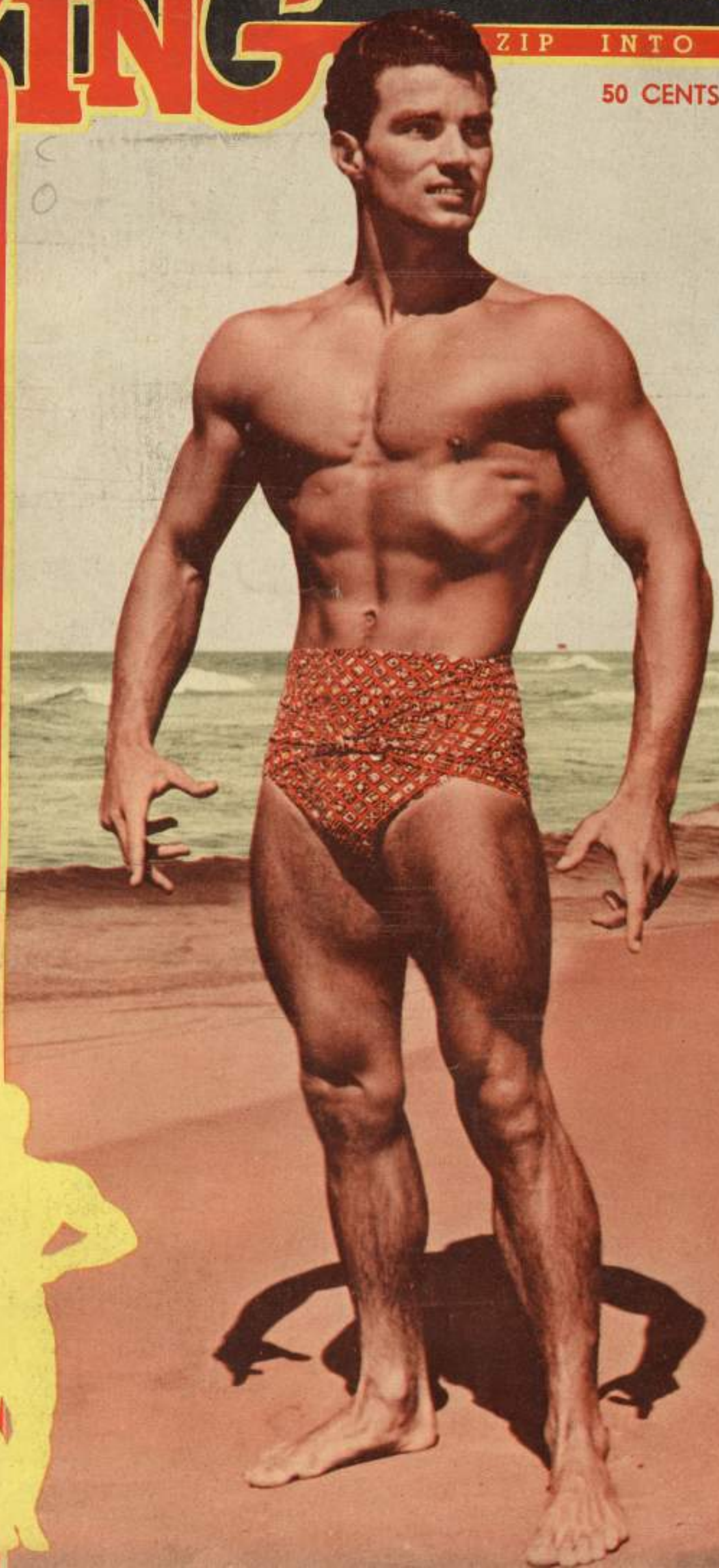
ZING

ARE OUR KIDS BECOMING WEAKLINGS?

ZIP INTO YOUR LIFE

50 CENTS VOL. 1, NO. 4

29 NATIONS TO VIE IN PAN-AM GAMES!



GLENN BISHOP

SEE PAGE 4

PHOTO BY RICHARD ALAN

We Get Letters

Dear Editor:
Last week I bought your Vol. 1 Issue 1. I found it very interesting and since then I have tried to find your other numbers but could not find them anywhere.

P.S.
Montreal

Our first issue went like the proverbial "hotcakes". Those wishing back issues can obtain them from our circulation department although I hasten to add that we have very few extras of Vol. 1 Issue 1.—Ed.

Dear Editor:
As a member of the Anti-Vivisection League, I read with horror in your Vol. 1 No. 2 issue in an article by Mr. Renslow about dropping mice in tanks of water to see how long they would survive after eating his liver pills. I suggest the experiment be performed with Mr. Renslow and several of his muscle boys and see just how long they can keep swimming before they drown.

R.L.
Chicago

It was neglected to mention in Mr. Renslow's article that the rats were removed from the tank before they drowned.—Ed.

Dear Editor:
I am a new reader of your new magazine and I wish to compliment you on those fabulous "pull-out" sections. There isn't another magazine in this field that offers what you have.

L.S.
Brooklyn

Thank you for the bouquet—we hope you will continue to enjoy our new magazine for a long time to come.—Ed.

Dear Editor:
Are you interested in photos of amateur bodybuilders like myself or do you only consider those of professional models? I am enclosing a small snapshot of myself.

Los Angeles
J.R.

We would consider photos of poses by "amateurs" if the photos were technically good: an 8x10 glossy, sharply in focus and good contrast insofar as black and white is concerned. We take no responsibility for unsolicited photos and they all must be accompanied by a self-addressed, stamped envelope. Also, a brief statement giving us permission to reproduce the photo must also be sent by would-be models.—Ed.

ZING PUTS ZIP INTO YOUR LIFE

VOL. 1, NO. 4 — JULY, 1959

EDITOR'S MEMO:

Is it that *exercise* makes you feel good? Or could it be that you have to *feel* good to exercise?

Well, perhaps if you feel that exercise means to run a mile or swim a half mile then you would have to feel *mighty* good to exercise! Unfortunately many people think of things in terms of night and day, forgetting the shades of dawn and sunset that intervene. Thus too many people are apt to think of the violent type of exercise they see while a spectator at sporting events.

But exercise doesn't have to be a violent bursting effort, rather it can be modified very subtly to meet the needs of most anyone. Take the person who because of an accident or a specific disease has lost the use of one or more limbs. His first exercise is usually of a *passive* type, that is, a therapist *moves the limb for him!* Another type of passive exercise familiar to all of you is an invigorating massage. Here the masseur moves the muscle masses for you; you are not the doer, but the recipient of the motion. Yet, although passive, the effect is very stimulating to good health.

Active exercise is the opposite of passive exercise for here the person moves his limb or limbs using his own muscle strength and energy. Yet, in the case of an injured patient, the weight lifted *may not even be the weight of his own limb!* A unique system of weights and pulleys actually helps the patient move his limbs, yet he has to exert some effort, measuring only ounces in many cases. This is an example of how SYSTEMATIC PROGRESSIVE RESISTANCE EXERCISE aids even the most helpless individuals to regain the use of their body.

Fortunately for us, we are not paraplegics struggling to regain the use of our bodies. Certainly we feel *relatively* great when compared to the way a down and out polio victim feels . . . yet the polio victim will put up a terrific fight to regain normalcy, while we'll let ourselves slip, saying we're too tired!

But if we borrow some of the SYSTEMATIC PROGRESSIVE RESISTANCE EXERCISE principles used by the physical therapist for his remedial exercise patients, tiredness no longer can be used as an excuse for not exercising. For instance, as a starter we could do just a few light calisthenics for only minutes a day. Gradually we can add more and more calisthenics and do them for repeatedly longer periods of time. It's no time at all before we'll be graduating to light dumbbells and barbells. Before long we notice that we're not tired anymore, that we've got more energy than ever before, and *that we're doing twice the work!*

Astonishing, isn't it . . . in fact it's downright unbelievable, that is, until we take a look at body physiology to see what's going on. For instance, exercise, active or passive, promotes increased circulation of blood to all parts of the body. This blood brings in fresh supplies of oxygen enabling the cells to breathe better than ever before. The increased blood supply also brings in nutrient material supplying the cell with that which it needs for vitality. Old waste products are carried away for elimination from the body!

Without good circulation the cell cannot take advantage of this dynamic exchange of old for new and thus it tends to age prematurely! With aging goes a loss of function . . . leading to decreased strength and increased fatigability. Thus we tend to feel tired and run down all the time. So it makes sense, exercise regularly!

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PHOTO CREDITS

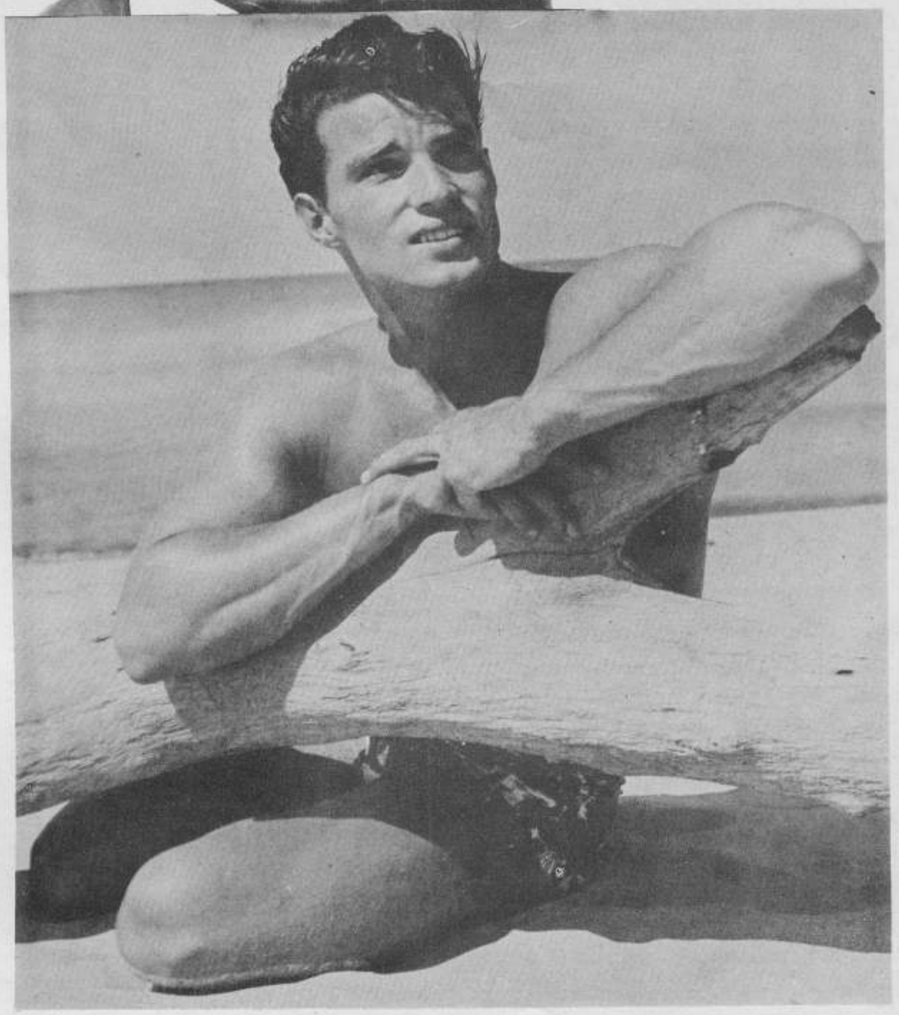
The following Photographers regularly contribute photos and material for publication in ZING. Additional photos of models shown in this issue may be secured by writing directly to the photographer.

KRIS STUDIO, P.O. BOX 1251, CHICAGO 90, ILLINOIS
PHOTO BY "D", P.O. BOX 183, OLD CHELSEA STA., N.Y., N.Y.
BOB ANTHONY, 102 WEST 75th STREET, NEW YORK CITY, N.Y.

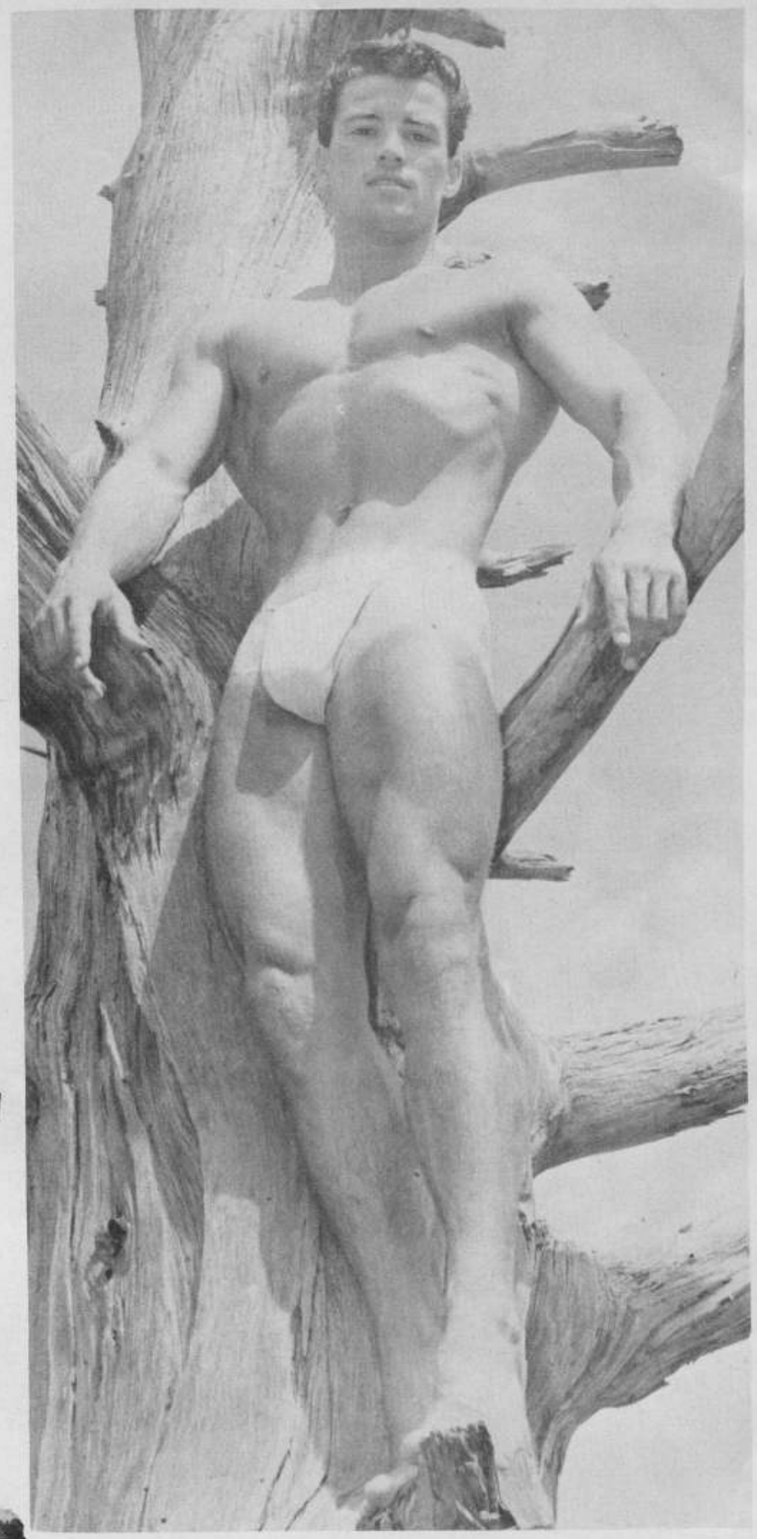
GLENN BISHOP

ZING'S COVER MAN

AN EARLY STARTER, GLENN BISHOP began training with weights at 13. Today, 10 years later, Glenn stands 5'9" and weighs a solid 170-lbs. An avid participant of most outdoor sports, he especially enjoys fishing, swimming and hand-balancing, Glenn spends his summers as a lifeguard.



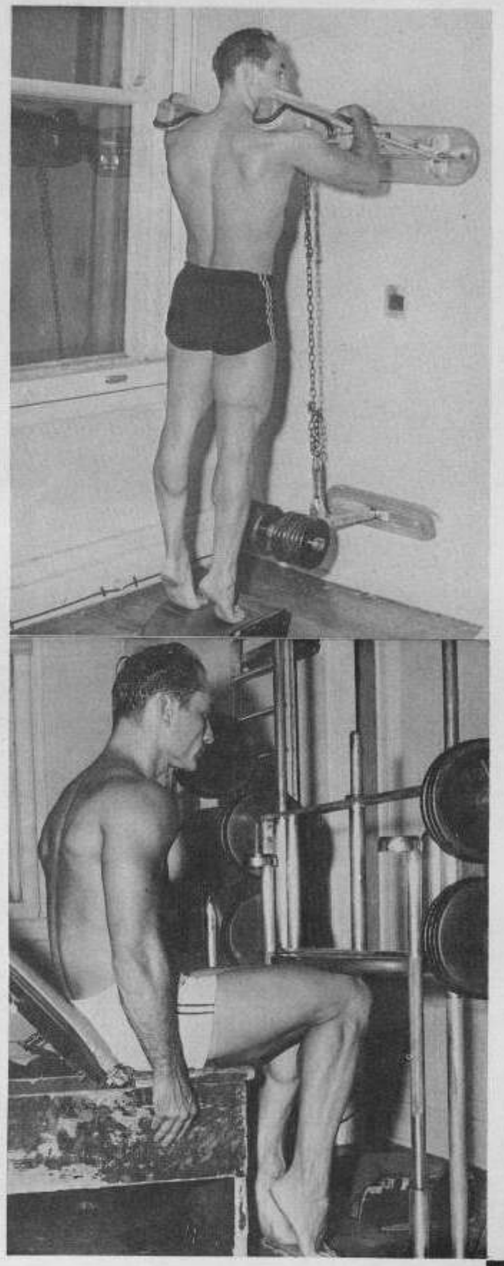
GLENN IS STUDYING to become a chiropractic physician, but still finds several hours each week to keep in shape. He is a designer of his own special Bikinis which he has placed on the market. (See ad, p. 26)



PHOTOS BY RICHARD ALAN

DON'T NEGLECT YOUR CALVES

by ROBERT Q. ARELL



Demonstrated by Bill Jacobs

Don't neglect the calves:

The muscles of the calf are one of the body parts that, in my opinion, are seldom given the attention they should receive. The average body-builder neglects his calves entirely too much.

There are three good exercises for these muscles: the calf stretch, the calf machine and the calf press. The calf stretch warrants an article all by itself and in a future issue I will explain how it is executed. In this article, however, I wish to enlarge upon the other two.

When using the calf machine, set the machine for the weight that you can easily handle 8 to 10 repetitions. Place the shoulder pads over the shoulder and place the feet so that the ball of the foot is on the curved part of the foot block. Raise the heels as far as possible as you exhale, as shown in Fig. No. 1, and then lower them as far as possible as you exhale. Do 8 or 10 repetitions of this 3 or 4 times.

The calf press may be executed by using the leg press machine as shown in Fig. No. 2, or by placing a barbell across the knees. The movement is the same as it is with the calf machine. Three or four sets of 8 or 10 repetitions will also suffice for this method of exercise.

Correct breathing is as important for these exercises as it is with any other, a fact which is very often forgotten. Remember, inhale as the weight is lowered and exhale upon exertion.

WHY OUR KIDS AREN'T PHYSICALLY FIT

Studies Show That European Youngsters Are in Better Shape Than Those in U.S.

by DICK ALAN

Editor's note: in a recent comparison between the fitness of American and European children it was found that 8.7% of the European children failed a battery of physical fitness tests while a whopping 57.9% of the American children failed it. This initiated quite a flurry of activity among our physical educators, and many improvements have been made. However, Dick Alan feels that the program is still inadequate. As a near graduate (1960) from medical school, author, and President of AMERICAN FITNESS CENTER he should know!

Ever watch that little bundle of energy we call a kid dancing and prancing, sometimes strutting down the street? Unknown to many of us each of his tiny movements have a meaning . . . it can reflect joy or sorrow, reality or fantasy. A kid is an expression, a bodily expression of the way he feels inside! Happy kids, given the right opportunity for **movement**, beam a **vivacious** bodily expression all their lives. With it goes fitness, without it goes physical decay!

Fortunately for kids the younger they are the happier they are; they're on a fun kick . . . life for them is literally and figuratively pure play. You can just see them, their busy little bodies flitting from here to there like little bees buzzing from flower to flower. Their eagerness and activeness is enhanced by their tremendous curiosity . . . their bright eyes are flashing constantly at the wonders each new day brings. When the sun has set the youngsters are literally pooped out and they soon drift into the sleepy dreams of slumberland.

The kids grow like weeds during this period of their life. Their little bodies are remarkable machines, always on the go, tiring out and then bouncing back after a bit of rest and nourishment . . . it's **activity** . . . and it's **healthy!**

Then comes the school age period and little by little society in the form of the school takes more and more of the youngster's play time away, substituting books for mud pies and tricycles. All this is well and good, for nothing makes us feel better than to see a little shaver who shows interest in learning new things. He becomes a little gentleman too, and we're proud as punch when he opens the door for us, or says "please" and "thank you." Besides, his body isn't too badly off at this time because he still has many after school hours in which to play vigorously; and if mother watches after him he is apt to be well nourished and rested.

It must be remembered, however, that a lax mother and TV can change all this. Many a little shaver has traded activity for television. This does two things: 1) it cuts down on his activity which alters his strength, endurance, and fitness, and 2) it alters his natural curiosity. Thus we have a loss of fitness and also a loss of curiosity. This may be part of the reason we're a nation of spectators, both in sport and in science—or anything else for that matter taking a little work and effort. Thus although the opportunities for development are there, many many children never participate in activity. I feel that this is more the fault of the parents than that of the school.

As the years pass the boy progresses into junior high school; his environment suddenly changes. First of all he starts noticing certain biological change . . . secondary sexual characteristics develop and we observe the metamorphasis of a man. He also feels the biological urge and usually heeds the call, trading the sand lot for the pursuit of girls. Secondly, his school environment changes very sharply . . . it is time to prove he's the athlete he always dreamed he was. To make the school team is the big project in every lad's life at this point; and it is at this point that our hero begins his downfall, unless, of course, he makes the team . . . then his downfall is postponed a bit!

Unless our hero happens to be a stalwart outdoorsman, loving hunting, hockey, skiing, swimming, etc., for their own fun and merit, he is left with three alternatives as possible sources of physical exercise. These are: 1) gym class, 2) intramural games, and 3) varsity athletics. As we shall see unless the kid is lucky enough to make the varsity team, he is most certainly "out of luck!" Let's check the alternatives one by one.

Most schools, but not all, have a mandatory requirement of two gym periods per week. However, many times various non-vigorous activities are allowed to impinge upon these two periods . . . band, driver training, and ROTC are a few. What the rationale is behind this one can only speculate on . . . many educators themselves have been fighting this. But say a kid does make it to his two gym periods per week, this still doesn't mean that he is getting the proper exercise . . . or any exercise at all for that matter! Take the average gym period for instance, just how many minutes does it last? Many school systems have only forty minute periods with no extra time between periods to make the next class. So within this forty minutes our hero has to change from his street clothes into his gym clothes and after his gym period he has to shower and change back again. Knowing kids this can take up to twenty minutes, fifteen at the very least, leaving about twenty minutes on the floor. After two to three minutes of light calisthenics the class of approximately fifty is counted off into eight or ten groups and four to five games of basketball or some other game are played, meaning that at the **maximum** each kid is getting only a very few minutes of **active** playing time. No matter which gym activity you may point to, the average amount of exercise a kid gets is five to seven minutes. Exercise? This is hardly enough to work up a sweat!

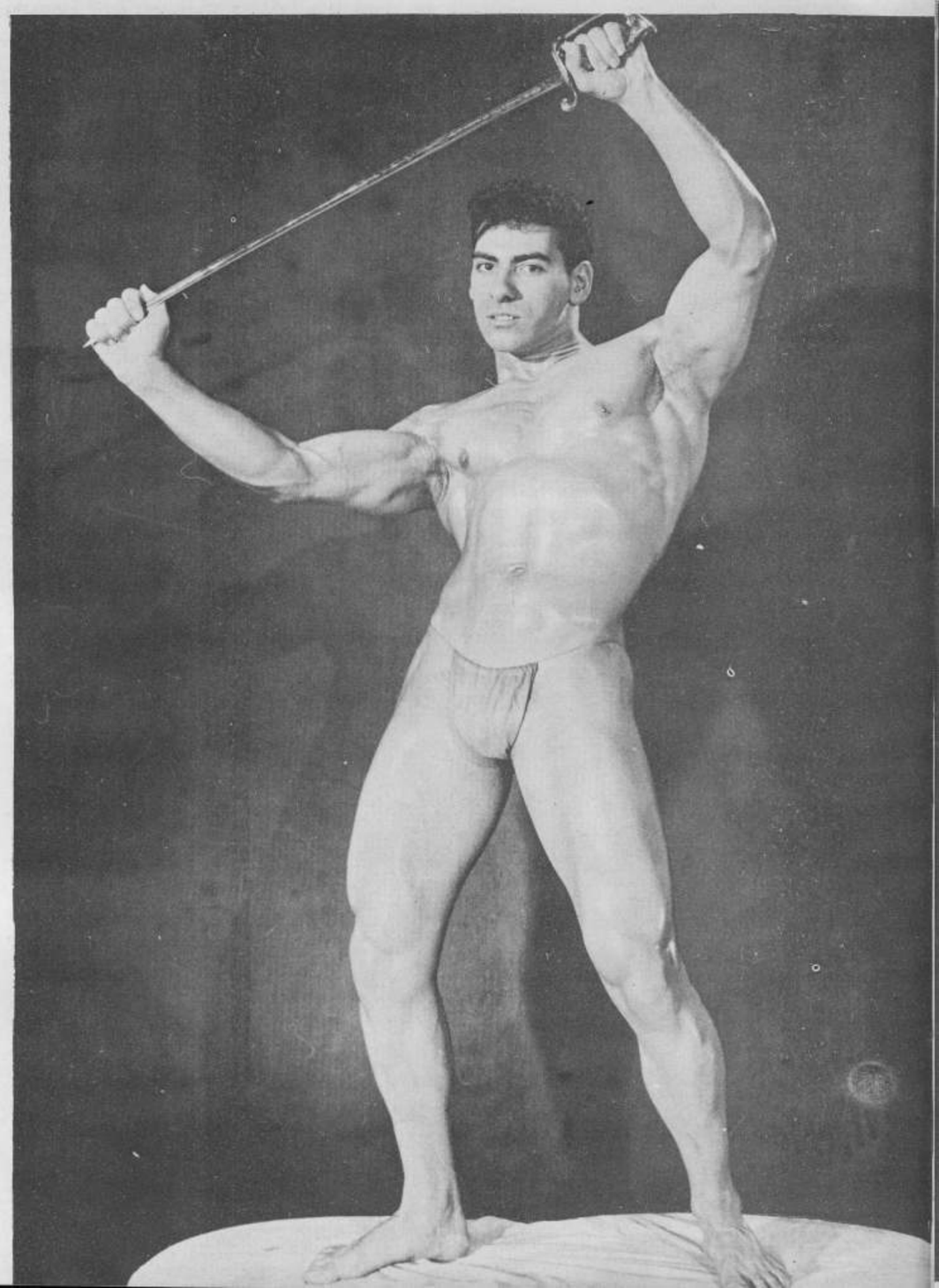
Conceding this point many an educator would point to the intramural program which might consist of football, basketball and baseball, depending upon the season (many schools carry only basketball, feeling it is too expensive to carry all three). In a sense the intramural program is fairly good in that each kid is associated with a team and the various teams compete for a title. One drawback is that although the kids may get approximately thirty minutes of hard exercise, the game is held only once a week. Now thirty minutes is better than none, of course, but the fact remains that it is not enough to **develop true fitness;** nor is the activity varied enough to give the body **all around** exercise! Another drawback is the number of kids participating. While often it is a considerable number, still it does not encompass the total school population. The reason for this is varied; some kids may work after school, others are left out because the game requires a **previously learned skill** (and they don't have it), still others are just too lazy to do anything. Thus, while intramural sports are better than nothing, it still can't be said that they are **much** better than nothing!

Competitive athletics is the least likely activity to get and keep any

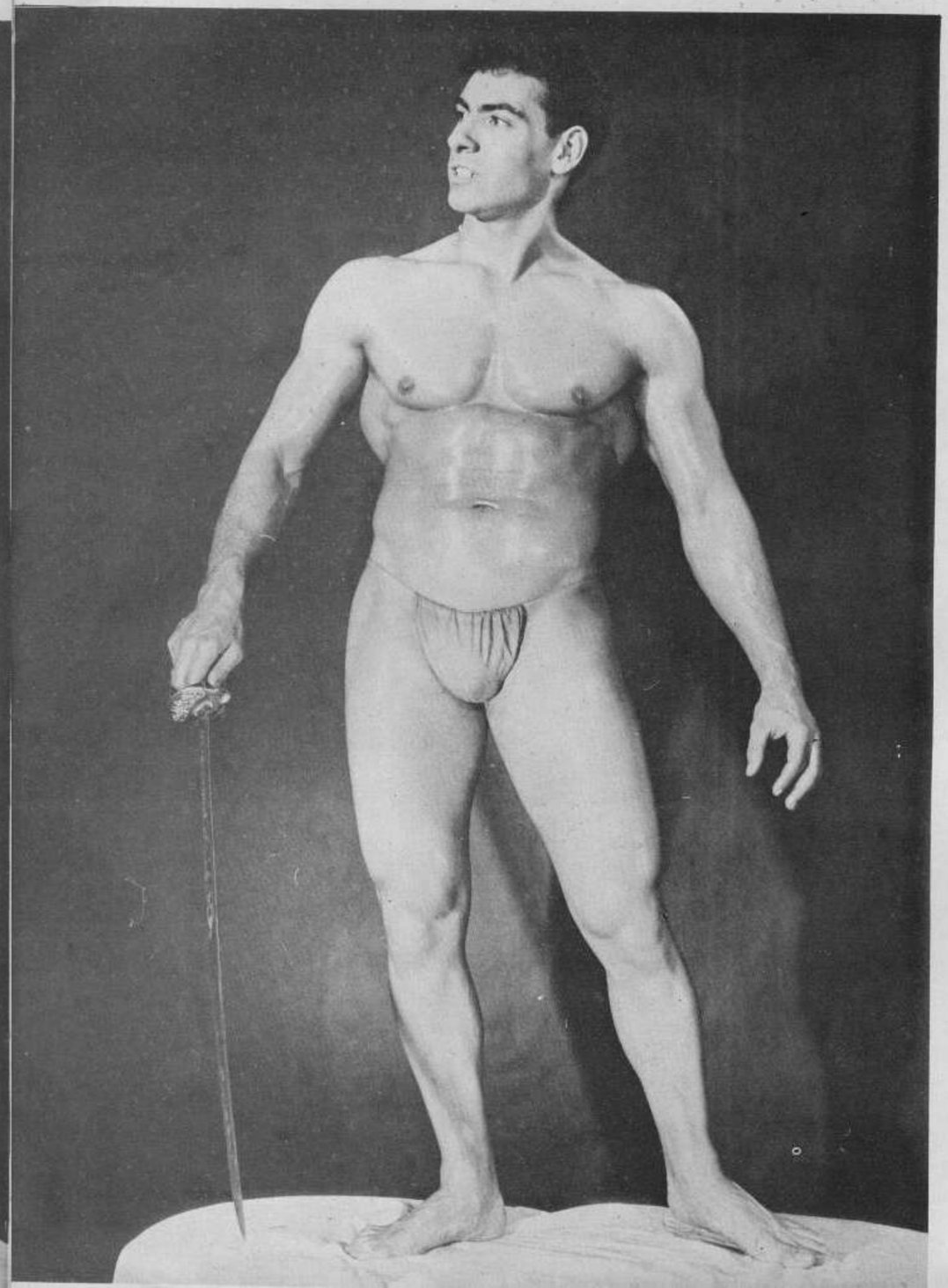
(Continued on page 32)

swordsman

photo by
BOB ANTHONY



JACK DeMARCO displays a solid physique that is loaded with power. This 23-year-old body-builder has been in training for several years utilizing weights, exercises and keeping a careful watch on dieting to achieve his superb build.



IT'S TICKET TIME

by JOHN GASPAR

(Editor's note—author is sports editor of the CHICAGO DAILY CALUMET and chairman of civic planning for the Pan-American Games weightlifting events.)

Weightlifting—the scientific lifting of cold steel with bulging muscles—will never have a more personable reception than it will have come the third annual Pan-American Games this August in Chicago.

One of the most unusual and colorful programs is planned for the weightlifting events which will be held Aug. 28 - Sept. 1 in the gymnasium of the world's largest high school, Chicago Vocational, on Chicago's southside.

The 18-year-old building which was used to train naval specialists during World War II covers an area of 751,000 square feet. During the school year more than 4,500 students trek down the 3-1/2 miles of corridors.

Starting the evening of Aug. 28 and ending on the eve of Sept. 1 seven championship matches will have been held. It is believed that the championships will be scattered among the entries from 29 countries, islands and colonies.

The United States captured six firsts and one second in the 1955 Games in Mexico City. It is doubtful whether it will do a repeat performance.

The actual planning for the weightlifting events goes back to

AT THE PAN-AMERICAN GAMES

more than a year ago when the sport was assigned to this community after considerable protest.

Originally the sport was set for the Chicago's near north-side which is traditionally a weightlifting community. But violent objections by southside sports enthusiasts and citizens over the city's apparent neglect of this area in the Pan-Am Games produced results.

On three occasions the school had been rejected on grounds that it was too small, lacked proper facilities and was improperly constructed to hold a major event.

These so-called inspections were brought to light in a series of articles in the CHICAGO DAILY CALUMET which pointed out that the city was using the games to enrich the coffers of businessmen on the northside and central side of Chicago.

It bluntly charged the city with appointing ill-qualified men to positions on the various committees. Although, far from being a weightlifting community, it was pointed out that South Chicago had deserved the respect of the nation for its many contributions to sports.

Down through the years the community has given a number of outstanding amateur and professional men to boxing, wrestling, baseball, football, basketball and other sports.

Not long after public opinion was aroused the attention of Mayor Richard J. Daley was captured. He immediately started the wheels of progress moving in an attempt to placate the south side demands.

Weeks, or probably months, later Michael Zuke, an insurance executive who was the chairman of the weightlifting events, notified this community that it had been selected as a Pan-American site for this sport.

Among the assignments made was to appoint this columnist as chairman of the civic planning committee. This entails the promotion of the event locally in any way—with some discretion of course—which would add color to the event, aid in the sale of tickets, and supply needed manpower during the events themselves.

Since that time things have begun to run smoothly and effectively. Zuke who is directly answerable to the over-all planning Pan-Am organization has a committee of some 15 members whose duties include hosting, credentials, transportation, workouts, laundry, platforms, expediters, spotters, officials, clerical information, scales, scorers, weigh-ins, weights, properties, set-up lights, communications and music.

The civic planning committee rightly enough is the backbone for the whole event. For it is here where the games will succeed or fail.

While other committees are busy with the details of the gym layout, the decorations, the housing of the athletes, the acquisition of training sites at various parks and YMCAs, the ticket sales locations and other arrangements, the local civic group has gone into full operation.

The community was quick to respond to the need of civic help. Almost overnight more than 70 civic, business, fraternal, social, veteran and sports organizations pledged their full support in helping to promote the games.

Membership in the various organizations number well over 3,000 men, women and children. Size of the groups vary from 5 to 1,500 members.

A countless number of evenings were spent talking to various community groups and telling them of the plans, hopes and possibilities of the games. This paid off with the volunteering of outstanding civic leaders who were interested in the program.

The time had arrived for the committee to sit down and draw up a program. And so it was as a half dozen young men sat down and threw up the foundation for the Pan-Am Games.

The actual celebration for the weightlifting events will be kicked off with a fund-raising luncheon at which Mayor Daley will be guest speaker. Aldermen Emil V. Pacini and Nicholas J. Bohling are in charge of the luncheon and program.

More than 300 persons are expected to attend the affair to hear the mayor's plea for cooperation in making the games a success.

Several weeks later, on Sunday, Aug. 16, the "Miss Pan-Am of Harborland" bathing beauty contest will be held at a lakeside park. Dr. Val Larcher, a chiropractor and past-president of the South Chicago Kiwanis club, who is chairman of the contest, has restricted entries to girls 17 to 24 years of age with no previous marital status.

A panel of judges consisting of a former European ballerina, professional dancer, chiropractor, model and business man will make the selection of the queen and six finalists.

On the following Saturday evening, Aug. 2, the queen will officially be crowned at a coronation ball to be held in a swanky Chicago lakefront hotel. The crowning will be done by "Miss Chicago" and "Miss Photoflash."

The ball which will be limited to 500 persons is being sponsored by the Harborland Jaycees, a group of young men between the ages of 21 and 35 years old who are interested in community service and leadership training. Ralph Goren, an attorney and chairman of the Jaycee international relations committee, is in charge of the ball arrangements.

Invitations to the ball have been extended to the consulates and their wives from the 29 participating countries. The city officials have also been invited to attend the affair.

The next afternoon, Sunday, Aug. 23, more than 400 vehicles will travel a 15-mile route in a motorcade which will have its accent on the Pan-American Games. A marching segment of veteran groups, ROTC units and bands will be picked up and the entire ensemble will pass in review in front of Chicago Vocational High school.

The direction of the parade is being handled by James Fitzgibbons, president of the Harborland Community council, a group of 30 organizations. He is being assisted by Louis Dinnenzo and Justin Cordero, civic leaders, and the Rev. Raymond Bianchi, a pastor of a Latin-American parish.

During the next three days six area parks will hold a series of youth programs with a Pan-American motif. The programs will include talent shows, water carnivals, gym demonstrations.

These various park programs will be arranged by the supervisors who are Steve Meuris, Wayne McCarty, James Diamond, Frank Stack, Wibs Kautz, Dwight East and Ernie Rea.

The Pan-American Games will be kicked off in Chicago on the evening of Thursday, Aug. 27, at Soldier Field. All activity in the city will be focused on these ceremonies.

On Friday, Saturday, Monday and Tuesday the weightlifting sessions will be held. A half an hour prior to the start of each session will be devoted to entertaining the audience.

Warren Brodine, an insurance broker and Jaycee, has been appointed chairman of the program committee. Immediately he enlisted the aid of American Legion, Veterans of Foreign Wars, Boy Scouts and ROTC units to post the colors.

With this done he recruited the services of area clergymen to give the invocation and benediction. A master of ceremonies was also selected.

Taking advantage of the heritage of the South Chicago community, Brodine has contacted Mexican, Polish, Serbian, Croatian, Jewish, German, Swedish, Scottish, Irish and Italian groups asking them to present one of their nationalistic dances or songs.

Brodine said such a program would show the Latin American visitor and spectator that despite our migrations from the far corners of the earth we still observe and maintain many of our national customs and celebrations.

Ushering the people to their seats will be young Latin American girls dressed in the garb of various countries. The girls, all of Latin American extraction, will also be bilingual.

At each session there will be three winners who will be presented with a small bouquet of roses donated by James Sandilla, a florist and president of the East Side Lions club. A medal will also be presented to the winner.

Aiding in the presentation will be "Miss Pan-Am" and her royal court.

Prior, during and after each event a host room will be available to the officials of the 29 countries, athletes and dignitaries. Under the direction of Albert Gonzalez, an executive for South Works, U.S. Steel and director of the Jaycees, several women's

(Continued on page 24)

zing's Studies IN LIVING STATUARY

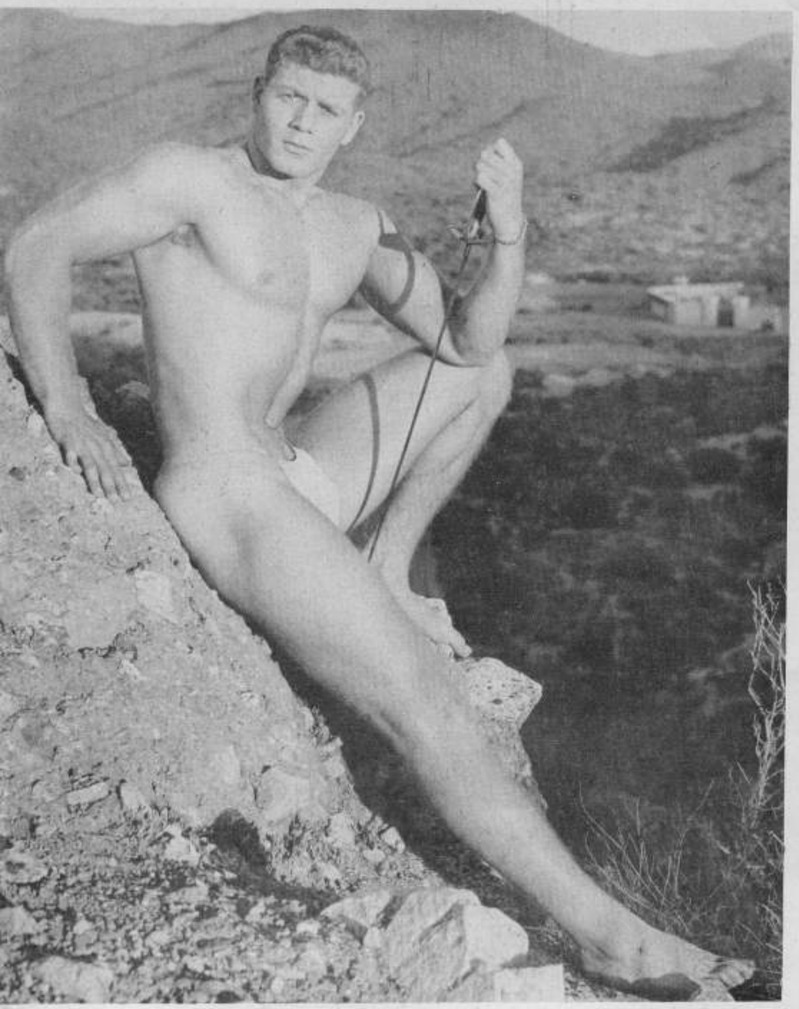
JOE LIETEL takes a dramatic pose in the sun, flexing one of his powerful arms. A native of the Windy City, Joe is developing into one of the nation's foremost possessors of a powerfully-built physique.

JOHN TRISTRAM strikes a sunny pose on a sandy beach that displays the fine muscular development to best advantage. His powerful build is the result of concentrated training, training, training and more training.

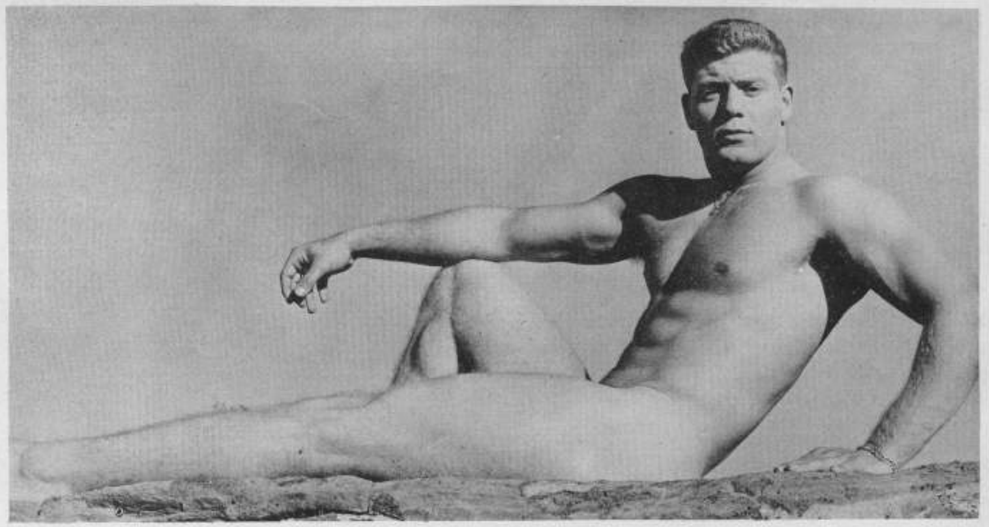
zing's Study

IN LIVING STATUARY

KIP BEHAR, an accomplished hand-balancer and gymnast, stands over 6-feet tall and weighs 183-lbs. Formerly of New Jersey, he now lives in Hollywood with his parents and has appeared in films. He credits his build chiefly to exercise and gymnastics.



KIP RECEIVED body-building training while serving in the Marine Corps. He is one of the few body-builders who has not seriously taken weightlifting, depending more on gymnastics to develop his fine physique.



DROP that chocolate bar

A Sweet Tooth Can Cause Bodybuilders Havoc!

by CHARLES RENSLOW
Director, Triumph Foods, Inc.

COCOA, or chocolate, is one of the highest caloric foods. In only one pound of crude chocolate there are about 3,000 calories, while in one pound of pure chocolate, such as is found in chocolate candies, there are about 2,500 calories. In addition to this high caloric content there is also found in chocolate a given amount of oxalic acid.

Oxalic acid is also found in some leafy green vegetables such as spinach and Swiss chard and has one very undesirable quality. It combines with the calcium in the plant, rendering it useless for assimilation by the body. If this was the end of the story all would be well but, unfortunately, when oxalic acid gets into the digestive tract it also combines with the calcium that is there too. When this happens, the calcium is rendered useless in human nutrition.

Many body-builders eat a chocolate bar before workouts for energy because of the high caloric content. This is a temporary and dangerous form of energy. A liquid protein, such as protomine, would give a longer lasting energy peak by raising and holding the sugar level of the blood.

Ithas been found that over 90% of body-builders are low in calcium even though they drink plenty of milk. It is for this reason that we say, very emphatically, to the body-builder:

"Drop that chocolate bar!"

You will benefit much more by increasing your calcium intake. Calcium can be had in many forms including tablet form. This writer believes, however, that the best tablet is one that contains no phosphorous. Upon written request we will furnish you with information as to where such tablets are available.

—30—

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MASTERPIECES OF ART

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(Continued from page 14)

groups will be instructed on how to host the offiicials.

The room which will be decorated with flowers, flags and colorful paintings will be in Pan-American flavor. Buffet sandwiches, tea, coffee and soft-drinks will be on hand for the officials.

The only open day in the schedule is Sunday, Aug. 30. On this day a community organization will take the athletes and coaches to see a ball game between the Chicago Cubs and Milwaukee Braves at Wrigley Field.

Bus transportation will be supplied by Willett Bus Co. and box lunches will be donated by a restaurant association.

A day after the events close here in South Chicago the Harborland Lions council, which is comprised of 96 Lions clubs, will hold a victory banquet for more than 700 persons.

Dan Delich, chairman of the Pan-Am committee for the council, said at the event the participating athletes, coach and officials from the 29 countries would be invited to attend the function.

As a special part of the program the winners—21 in all—would be presented bronze plaques which will be donated jointly by a number of Lions clubs and Lions International.

In addition to all this, arrangements are being made to take the athletes on a tour of the area steel mills, the harbor and other industries.

With all this done, only one problem remains. Will we have enough tickets to accommodate all thcse interested spectators?

James Fitch, bank cashier and treasurer of the Jaycees, whose job it is to distribute more than 10,000 tickets for the event, said from all reports this could be one of the easiest functions of the committee.

How about you? Do you have your ticket for the greatest little show in the world?

profile in power

JOHN BIANCO hails from Brooklyn and was first-place winner last year in the "Mr. Junior Atlantic" competition. He was third-place winner in both the "Mr. New York City" and "Mr. North Jersey" contests held last last year. Boasting a 16" arm and 44" chest expansion, John stands only 5'4½" tall and weighs 148-lbs. He served for two years in the Army.

Photo by BOB ANTHONY

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FROM THE PHOTOGRAPHERS FILE

BLACK

JIM BLACK is a 19-year-old Chicagoan who is a fast-rising star in the world of physical culture. Young Jim, in addition to weightlifting and exercise, is interested in a number of athletic activities which include swimming and water-skiing.

THORP

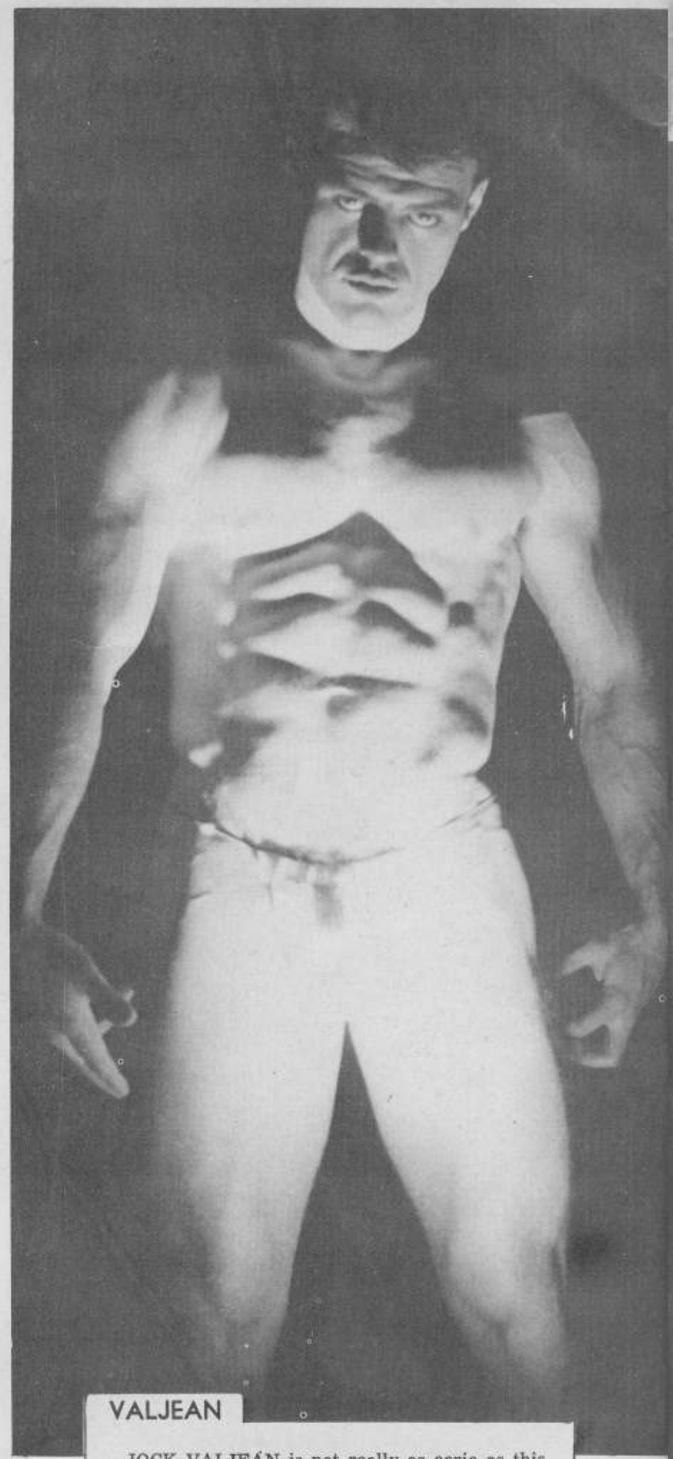
KEN THORP stands a handsome and powerful 6'1½" tall and weighs in at 195-lbs. A native of Hollywood, Ken is studying acting and is hoping to get his big break either on the celluloid or video screens. He's young . . . only 20 . . . so watch for him on your screen.

SELHIME

LARRY SELHIME packs much strength in that physique of his. Only 19-year-old, he stands 5'9" tall and weighs 170-lbs. Larry considers himself a serious student of physical culture. He places a great deal of emphasis on weights and exercise.

TOTH

RICHARD TOTH placed third in last year's "Mr. Junior Illinois" competition. An instructor in weightlifting, Dick excelled while in high school on the gridiron team. At 20, Dick weighs 180-lbs. and stands 6'1½" tall.



VALJEAN

JOCK VALJEAN is not really as eerie as this particular pose would have you believe. He is fine specimen of a perfectly-developed physique. Another Chicagoan, Jock is well-known in body-building circles in the Midwest.

ARCIERI

RICHARD ARCIERI is one of those rare boys who have not used weights or any particular type of training to develop their bodies. His is a natural bridge. He enjoys wrestling and football. Dick is only 19 and weighs 170-lbs.

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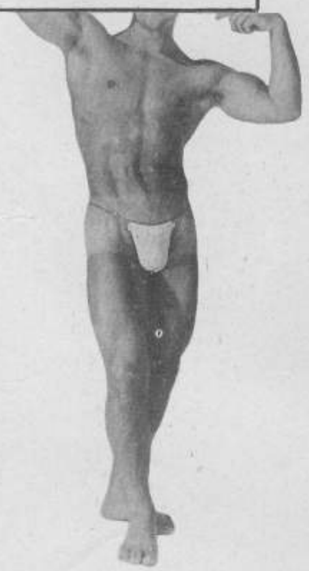

BROCHURE NO. 1

Name .....
Address .....
City .....**Zone** ..**State** .....

WHY OUR KIDS AREN'T

(Continued from page 9)

number of kids fit. Only eleven can play football at one time, only five can play basketball, only nine can play baseball. Of course scrimmages night after night allow a greater number of boys to participate, double or perhaps triple the numbers mentioned above, but this still is very very few indeed compared with a school population of 1000 to 2000 students! Since experts are usually available varsity athletics allow an excellent opportunity for learning sport skills . . . and the boy practices every night. If he has any potential at all it will show up well under such rigorous training. But the fact remains, although the activity is grand and the coaching is excellent, the great majority of boys are not included in the program!

The above are only examples of the number of kids allowed to participate in an exercise program and the time allotted to each kid. Nothing has been said about the type of activity involved! None of the activities—football, basketball, baseball, track, swimming, etc.—are, real developers of fitness in themselves. For instance, given a burly fellow, a coach can mold him into a real tough and outstanding lineman. Given a shifty, speedy kid with a little imagination and daring, a coach can shape him into a real triple threat back. But, given a slender, frail kid, the coach will throw up his arms in frustration . . . let's face it, he can't **develop** something that "ain't there." And if an **expert** coach can't develop the kid with nightly practice sessions, then we certainly can't expect that same kid to develop under a **lesser** program such as intramural sports or gym periods. Thus we see that sport, as we know it, is more or less useless as a tool for **developing** a kid. To be sure, sport is wonderful for the fortunate youngster to whom nature was kind, but it does little or nothing to bring the underdog up to a competitive level. Since most of us are underdogs what are we to do? Nothing, in most cases, except take up some kind of sedentary hobby!

The psychological damage done to a kid who has failed to make the team should also be considered when evaluating a sports and fitness program. Because of the headlines given to prep ballplayers in every community, young kids grow up just dreaming of the day when they too can don their school uniform and cover themselves with glory . . . or at least have a good time trying! Unfortunately, many of these kids who want to be athletes the most never make the grade. What happens to these kids? Odds are that they don't recover from the sense of failure and rejection very quickly . . . in many perhaps even a touch of an inferiority complex develops. Many carry hard feelings toward the coaches and either show hostility toward their more fortunate classmates or they withdraw into a shell, not mixing with the others as they should.

But even the fortunate athletes don't lie in a bed of roses. Sports such as football and basketball have little carry over value in later life. We see altogether too many former athletes with protruding abdomens. Once an athlete not always an athlete! If a person, former athlete or not, doesn't have some lifelong system of exercise and diet, time will take its toll . . . and unfortunately, very early in life in many many cases.

Summing it up we see that our schools and way of living do very little for the progress of fitness for our youth. What is needed is a complete overhaul of our physical education system, instituting forms of exercise that will build fitness and then maintain it for the benefit of the individual the rest of his life.

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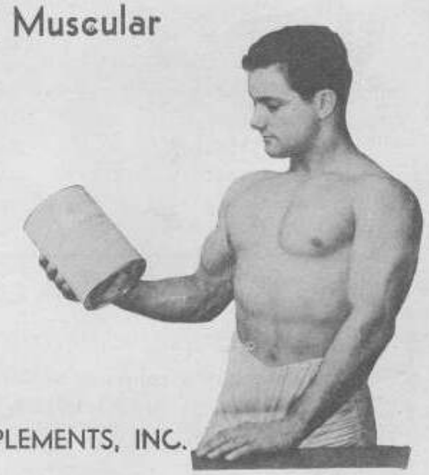

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PRESIDENT BECOMES INTERESTED IN - - -

OPERATION FITNESS U.S.A.

More than eight million American children are being tested for strength, agility, and endurance through a testing program sponsored by Operation Fitness—USA. The program has just begun but it is expected that by the end of the year more than 20 million school children between the ages of 10 and 17 will have completed the test battery.

Launched last January by the American Association for Health, Physical Education and Recreation, Operation Fitness—USA is a comprehensive plan of action designed to promote total fitness in this country. The test project is only the first step. As the program expands, more than 100 separate projects will be initiated — all aimed at improving the fitness standards—physical, mental, social—of all America.

It is estimated that testing instructions will be put into the hands of more than 60,000 physical education instructors, youth counselors, recreation directors, and other leaders of youth groups during the first year of operation. The test battery consists of seven items, is simple to administer, and requires no special equipment.

National norms have been determined on the basis of age, sex, and weight. Based on the performance of a pilot group of 8,500 children from 28 states, the norms for the test items permit youngsters to compare their scores with those of similar ages and sizes throughout the United States.

The testing program is not intended to determine whether a child is totally fit or unfit. However, many basic elements of physical fitness can be identified.

The proportions of the program are immense and far-reaching. From every state and Hawaii, and from Australia, New Zealand, Philippines, Canada, Venezuela, and Portugal some expression of interest. Requests for information and test materials come from every conceivable source—private and parochial schools, church and civic groups, welfare and recreation agencies, penal institutions, agencies for the handicapped and mentally retarded, and from concerned parents everywhere.

In Hawaii nearly 40,000 children are participating. California has installed the test program in all schools, as have many other states including Oklahoma, New Jersey, Iowa, and Indiana. Youth fitness conferences are regularly being announced by these states and many more to mobilize professional leaders who will further the fitness cause throughout the country.

The sponsoring Association has recently devoted much effort to inspire more active promotion of fitness testing through conventions in Oregon, Iowa, New Jersey, California and Indiana.

During the past several years studies have indicated a serious lack of physical fitness in the United States. In 1953 the raus-Weber (Prudden) tests for muscular fitness compared American and European children. The shocking results showed that 57.9 percent of the Americans failed and only 8.7 percent of Europeans.

These facts, added to reports from Defense Department medical officials regarding the high rate of Service rejects, moved President Eisenhower to establish the President's Council on Youth Fitness. Basically, the purpose of the Council is to inspire agencies and organizations outside government to mobilize against the menace of physical deterioration.

In the belief that the association of professional leaders in the fields of health, physical education and recreation is uniquely qualified to create and administer a program of the dimensions necessary, Operation Fitness—USA was officially launched in January 1959. Through colleagues at the state and local levels, there is action at the community level in the nation's schools, recreation departments, and PTA's.

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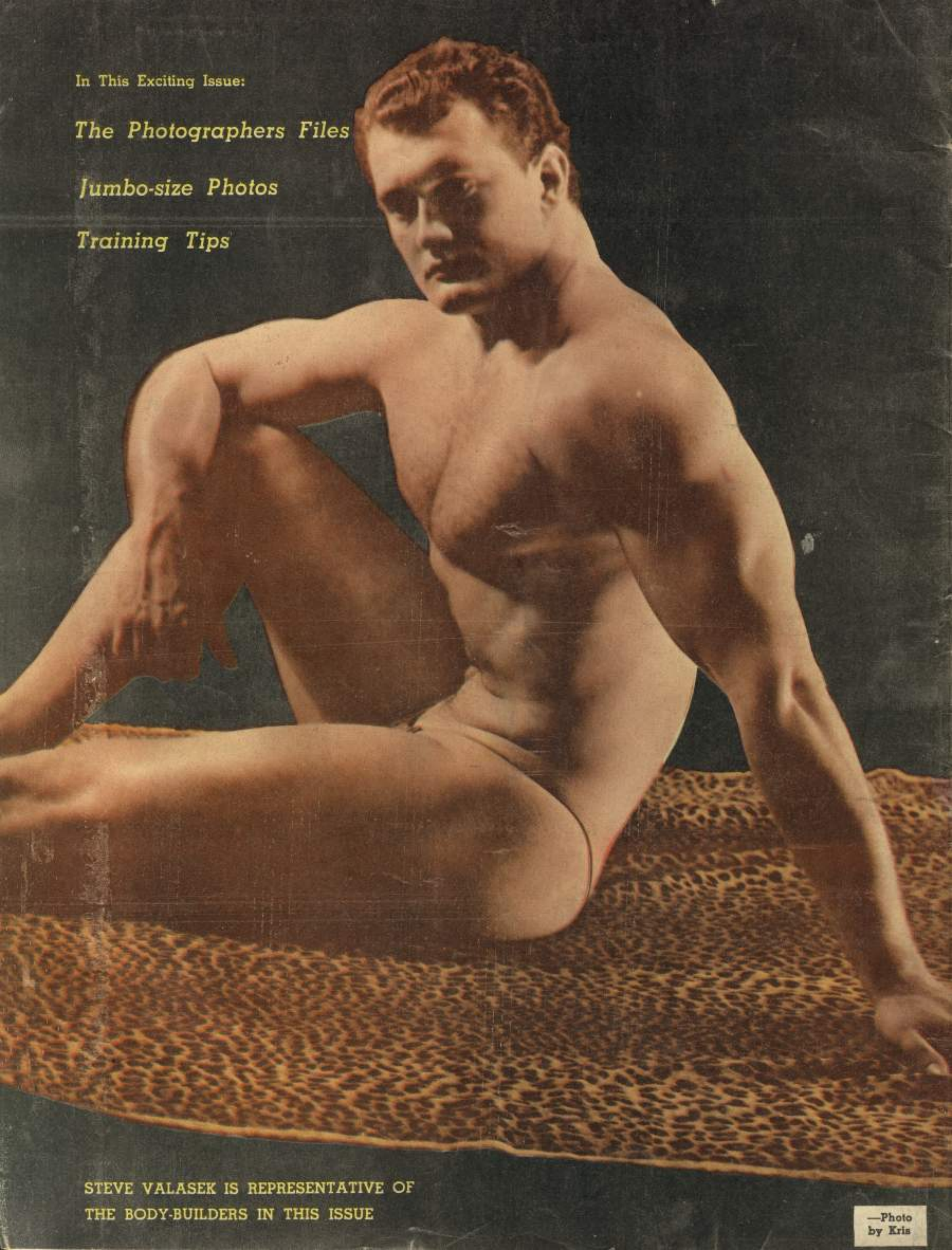

STEVE VALASEK IS REPRESENTATIVE OF THE BODY-BUILDERS IN THIS ISSUE

—Photo by Kris